

# Virginia Knights of Columbus



## Council Free Throw Competition

**Sunday, February 5th, 2017 in the Holy Spirit  
Gym at 7:30 pm**

***Make-up date of Wednesday, Feb 8th at 7:30 pm is provided for  
those unable to compete on Sunday***

Entry forms available on site.

For additional information or to confirm the schedule contact:

***Mike Poumade, 703-425-8769 or [poumade@prodigy.net](mailto:poumade@prodigy.net)***

### AGE SPECIFICATIONS

**Ages 9, 10, 11 (Boys & Girls Competitions):** Use a women's regulation-size basketball and shoot from a 12-foot foul line at a 10-foot-high basket. (NOTE: The normal foul line is 15 feet from the basket. Foul lines at 12 feet from the basket for 10- and 11-year-old divisions will be clearly marked with athletic or masking tape prior to the competition.)

**Ages 12, 13, 14 (Girls Competitions):** Use a women's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.

**Ages 12, 13, 14 (Boys Competitions):** Use a men's regulation-size basketball and shoot from the regulation foul line 15 feet from a 10-foot-high basket.